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North Wales Mental Hospital Management Committee



THE FIRST ANNUAL REPORT

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North Wales Mental Hospital
Management Committee

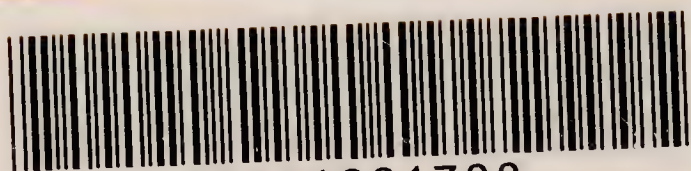
FOR THE PERIOD

5th July, 1948—31st December, 1949

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NORTH WALES MENTAL HOSPITAL MANAGEMENT COMMITTEE.

Chairman:

Councillor Mrs. K. W. Jones-Roberts, O.B.E., J.P., B.A.,
Penrhiw, Ffestiniog, North Wales.

Vice-Chairman:

Alderman Alfred E. Hughes, C.B.E., J.P., Brynhyfryd,
Dolgelley.

Members:

Councillor Mrs. Walter Jones, J.P., Bryn Arfon, Llangefni.
Councillor Thomas Jones, 31 Nantygauer Road, Llay, Wrexham.

Dr. A. E. Roberts, Garth, Fairfield Avenue, Rhyl.

Alderman J. Howell Roberts, Gwyndy, Llannor, Pwllheli.
(Appointed for the period ending 31st March, 1950).

Councillor James F. Chadwick, Haulfre, Llangoed.
(Chairman of the Works and Engineering Committee).

Alderman Mrs. Anne Fisher, J.P., Tyddyn Elian, Llanberis.

Dr. J. T. Lewis, Beech House, Vale Street, Denbigh.

Dr. J. H. O. Roberts, J.P., Mental Hospital, Denbigh.

Alderman R. T. Vaughan, C.B.E., J.P., Ardwyn, Bala.
(Chairman of the Farm Committee).

(Appointed for the period ending 31st March, 1951).

Alderman Mrs. E. C. Breese, J.P., Gorsty Hayes, Ruabon
Road, Wrexham.

(Chairman of the General Purposes Committee).

T. W. Johnson, Esq., Wynford, Rhyl Road, Denbigh.

Councillor W. J. Hodson, J.P., Crestonia, Liverpool Road,
Buckley.

(Chairman of the Finance Committee).

Mrs. R. J. Roberts, O.B.E., Bryn, Greenfield Road, Ruthin.

Henry Parry, Esq., 1 Veto Villas, Denbigh.

(Appointed for the period ending 31st March, 1952).

Secretary and Finance Officer:

Sidney L. Frost, F.H.A.

Supplies Officer:

Alfred H. Lucas, F.H.A., A.R.San.I.

Hospitals Engineer and Clerk of Works:

R. Glyn Pritchard, M.I.H.E., M.I.E.C.

Senior Admin. Assistant to the Secretary and Finance Officer:

D. Basil Evans.

**HOSPITALS AND INSTITUTIONS ADMINISTERED BY
THE NORTH WALES MENTAL HOSPITAL MANAGEMENT
COMMITTEE.**

**North Wales Hospital for Nervous and Mental Disorders, Denbigh,
and Pool Park Hospital, near Ruthin.**

Chairman:

Councillor Mrs. K. W. Jones-Roberts, O.B.E., J.P., B.A.

Vice-Chairman:

Alderman Alfred E. Hughes, C.B.E., J.P.

Medical Superintendent:

J. H. O. Roberts, M.D., D.P.M., J.P.

Coed Du Hall M.D. Institution, near Mold.

Chairman of the House Committee:

Alderman Mrs. E. C. Breese, J.P.

Members:

Mrs. Florence Jones.	Councillor Thomas Jones
Mrs. R. J. Roberts, O.B.E.	Councillor J. Price.
Alderman H. Hampson, J.P.	Dr. H. A. Thomas.
Councillor W. J. Hodson, J.P.	

Matron Superintendent:

Miss M.P. Elder, S.R.N., C.M.B.

Llwyn View M.D. Institution, Dolgelley.

Chairman of the House Committee:

Alderman Alfred E. Hughes, C.B.E., J.P.

Members:

Alderman Mrs. Anne Fisher, J.P.	Dr. W. F. Gapper.
Mrs. M. Maelor Jones.	D. R. Meredith, Esq.
Councillor Mrs. K. W. Jones- Roberts, O.B.E., J.P., B.A.	Alderman J. Howell Roberts.
Mrs. E. Roberts.	Alderman R. T. Vaughan, C.B.E., J.P.

Superintendent:

Mr. W. M. Roberts.

Matron:

Miss Sydney Williams, S.R.N., R.M.P.A., C.M.B.

**Fronfraith M.D. Institution, Rhyl, and
Broughton M.D. Institution, near Chester.**

Chairman of the House Committee:

Dr. A. E. Roberts.

Members:

Councillor	Miss	Ethleen	Dr. J. T. Lewis.
Williams,	J.P.		P. T. Trehearn, Esq.
Alderman	Miss	Margaret	
Williams.			

Matron Superintendent:

Miss A. E. Fletcher, S.R.N., R.M.P.A.

Medical Officer of M.D. Institutions:

J. H. O. Roberts, M.D., D.P.M., J.P.

MEDICAL AND OTHER STAFF.

CONSULTANTS.

Psychiatry:

J. H. O. Roberts, M.D. (Lond.), D.P.M.
Geoffrey Williamson, M.B., Ch.B. (Manchester), D.P.M.
T. Gwynne Williams, M.D. (Lond.), D.P.M.

Child Psychiatry:

E. Simmons, M.D. (Bonn), L.R.C.P. & S. (Edin.).

Pathology:

A. Ceinwen Evans, M.B., Ch.B., B.Sc. (Wales).

General Medicine:

P. R. C. Evans, G.M., M.D., (Lond.), M.R.C.P.

General Surgery:

D. I. Currie, M.B., Ch.B. (Leeds), F.R.C.S. (Eng.).
R. S. Ninian, F.R.C.S. (Edin.).

Neuro-Surgery:

A. Sutcliffe Kerr, M.C., Ch.B. (Liverpool), F.R.C.S. (Eng.).

Ear, Nose and Throat Surgery:

R. D. Aiyar, F.R.C.S. (Edin.).

Ophthalmology:

Eleanor M. P. Brock, M.B., Ch.B. (Liverpool), D.O.M.S.

Anaesthetics:

H. S. Bell, M.R.C.S. (Eng.), L.R.C.P. (Lond.).

Radiology:

S. Nowell, M.B., Ch.B. (Manchester), D.M.R., F.F.R.

I. Pierce Williams, M.B., Ch.B. (Liverpool), D.M.R.

Senior Registrars:

J. D. Lucy, M.R.C.S. (Eng.), L.R.C.P. (Eng.), D.P.M.

R. Aspinwall, M.R.C.S. (Eng.), L.R.C.P. (Lond.).

K. C. S. Edwards, M.R.C.S. (Eng.), L.R.C.P. (Lond.).

Registrars:

L. G. W. J. Hannah, M.B., B.S. (Lond.).

Junior Registrars:

A. B. Monks, B.A., M.B., B.Ch., B.A.O. (Dublin), D.P.H.

Dental Surgeon:

Charles Hubbard, L.D.S.

Psychologist:

Martha Vidor, Ph.D. (Leipzig), F.B.Ps.S.

Psychiatric Social Worker:

Kathleen M. Jones, B.A. (Wales).

Matron:

Blodwen D. Hughes, S.R.N., S.C.M., R.M.P.A.

Chief Male Nurse:

T. J. Davies, R.M.N., R.M.P.A.

Head Occupational Therapists:

May Cooper, S.R.M.N., M.A.O.T.

G. R. Wilson, R.M.P.A., M.A.O.T.

Chaplains:

Rev. H. Davies, B.A., Church of England.

Rev. R. H. Davies, B.A., Nonconformist.

Father Joseph Wedlake, Roman Catholic.

Rev. H. W. Jones, M.A., M.C., Church of England.

Rev. Gwilym I. Davies, B.A., Nonconformist.

NORTH WALES MENTAL HOSPITAL MANAGEMENT COMMITTEE

ANNUAL REPORT

The First Report of the North Wales Mental Hospital Management Committee covers the initial period of eighteen months, from 5th July, 1948, to 31st December, 1949. On the appointed day the Committee became responsible for the administration of the Hospital for Nervous and Mental Disorders, Denbigh, with its annexe at Pool Park, Ruthin, and for three Mental Deficiency Institutions in North Wales: Llwyn View, Dolgelley; Fronfraith, Rhyl; and Coed Du, Mold.

Continuity of service was happily assured through the appointment to the new Committee of a number of Members of the former Visiting Committee and of representatives of Local Health Authorities, all familiar with Mental Health work in the area. The Committee were fortunate, too, in retaining the services of the officers—both medical and lay—who had contributed so materially to the success of the work in the period immediately preceding the inauguration of the new Health Service.

The Committee serves an area of one and a half million acres, covering the five North Wales Counties, with their population of half a million. Accommodation for patients is still severely restricted. The Hospital at Denbigh is overcrowded to the extent of 20%. Furthermore, the three M.D. Institutions accommodate fewer than 200 patients, whilst the overall needs of the area amount to between 800 and 1,000 beds. Plans had already been prepared before the War to ease the situation at Denbigh by the erection of two villas for female patients to house 40 each, and one male villa to house 26 patients. These will be proceeded with as soon as building conditions permit. For the same reason, i.e., shortage of accommodation, the Committee have felt unable to set aside beds for private patients. Rather will it be their aim to raise the level of the service for all patients alike.

On the M.D. side the Committee are negotiating for the lease of a mansion to house 50 male defectives. Adaptations are also in progress at Llwyn View, Dolgelley, which will greatly improve the standard of accommodation for the female defectives who will be housed there, and Broughton Institution, Flintshire, is being restored and will accommodate 56 patients. Meanwhile the long term policy of the Committee continues to be the establishment of an M.D. Colony in:

North Wales on a sufficiently large site to permit the appropriate grading of patients.

Four Committees have been set up to deal with different aspects of the work: Finance, Supplies, Works and Engineering, and Farm, and a deep debt of gratitude is due to the Chairmen of these Committees for their devoted and unstinting attention to the work.

House Committees have been appointed to serve each of the outlying Institutions, and the service of the Members, with their intimate local knowledge, has been of inestimable help to the Management Committee.

At the Hospital and at the three Institutions, progress has been made with re-furnishing and re-decorating, and every effort is being made to add to the comfort of the patients. Social interests are fostered, and the patients' lives made brighter by means of the recreational and occupational facilities available.

A Central Supplies Department has been established based on the Hospital Stores. Similarly, repairs and engineering requirements at all the Institutions are under the care of the Committee's Engineer.

The Committee have set up a Consultative Committee to discuss Staff problems on the nursing side. In the light of experience gained, consideration will be given to the desirability of extending the membership of the Committee to other sections of the Staff. Guidance on these points will, it is understood, be received in due course from the Minister.

The shortage of female nurses continues to be a matter of concern, and every effort is made—by advertisement and by personal approach—to attract a greater number of young women into the Mental Health Service.

The Committee continue to reap substantial benefit from the Hospital Farm. The herd, which includes pedigree Friesian cattle, is now fully attested. Record potato yields have been obtained in the last two years.

During the year the Committee received contributions from the Minister's Endowment Fund, and consideration is being given to the best means of utilising these "Free Monies."

Certain Charity Funds administered before the appointed day for the benefit of patients are still the subject of correspondence with the Ministry of Health and Charity Commis-

sioners. New Trustees have been nominated and application is being made for such variation or enlargement of the Trusts as may be necessary in consequence of the passing of the Health Service Act, 1946.

The Committee works in close co-operation with the Regional Hospital Board, whose officers are always at hand when called upon to advise and help. Long-term development plans are submitted to the Board for consideration and on approval are placed in an order of priority that bears relation to the needs of the region as a whole.

At the Hospital every modern form of treatment is available, and the Committee record with satisfaction that 73.9% of the patients admitted during the past year entered voluntarily. It is a tribute to the skill and sympathy of the staff which the Committee are proud to endorse.

The past year has witnessed severe personal losses. The Deputy Medical Superintendent, Dr. R. Scott Wilson, died suddenly on 26th April, 1949, and Miss Dorothy M. Thomas, the Psychiatric Social Worker, who met with a serious accident whilst on holiday in Switzerland, succumbed to her injuries. The loss of these two officers will be long felt by all who had the privilege of knowing them and of witnessing their single-minded devotion to the community they were called upon to serve.

To the staff, one and all, the Committee desire to pay the warmest tribute. Through their helpfulness and co-operation the new service has been established with the minimum of dislocation.

The time has been short as yet in which to show material development. It has been a testing time, a period of adjustment and of laying foundations. The institutions which the Committee have been called upon to administer are dispersed over a large area, and it has been necessary to plan in terms of a widening service of mental health—domiciliary, out-patient, institutional. But the Committee are confident that as their long-term policy comes into full fruition, they will be able to provide ever-improving service for those suffering from nervous and mental illness in the area.

K. W. JONES-ROBERTS.
Chairman.

February, 1950.

MEDICAL SUPERINTENDENT'S AND MEDICAL OFFICER'S ANNUAL REPORT.

Madam Chairman, Ladies and Gentlemen,

In my capacity of Medical Superintendent of the North Wales Hospital for Nervous and Mental Disorders and Medical Officer for the three Institutions for Mental Defectives for which the Committee is responsible, I have the honour to report to you on the medical and social aspects of the Committee's work therein. I also propose to touch on the Out-patient Services carried out at hospitals under the control of General Hospital Management Committees, for although these are not your direct responsibility you provide most of the personnel and have the greatest interest in the development of a comprehensive Mental Health Service in North Wales.

NORTH WALES HOSPITAL, DENBIGH.

Admissions.—The following figures relate to the admissions during the year 1949.

It will be seen that the steady increase of the admission rate apparent since 1940 has continued. It is considered that this trend is not in any marked degree due to an increase in mental illness in North Wales. It is believed to be the result of the greater willingness to enter hospital of patients suffering from the earlier and milder forms of mental and nervous illness. This view is supported by the parallel increase in the number of voluntary admissions, which last year constituted 73.9% of all direct admissions.

	Male.		Female.		Total.
Direct Admissions	371	...	434	...	805
Indirect admissions from other mental hospitals	2	...	1	...	3
	<hr/>		<hr/>		<hr/>
Total Admissions	373		435		808
	<hr/>		<hr/>		<hr/>

Ages of direct admissions were as follows:—

Age Group.	Male.		Female.		Total.
Under 20	14	...	7	...	21
20—40	134	...	144	...	278
40—60	138	...	182	...	320
60—80	82	...	94	...	176
Over 80	3	...	7	...	10

The number of re-admissions during the year was 221.

DISCHARGES.

	Male.		Female.		Total.
Recovered	175	...	165	...	340
Relieved	109	...	154	...	263
Not improved	22	...	44	...	66
	<hr/> 306		<hr/> 363		<hr/> 669

Discharge rate on direct admissions	83.1%
Recovery rate on direct admissions	42.2%

DEATHS.

	Male.		Female.		Total.
Number of deaths during 1949	53	...	82	...	135

The death rate was 9.2% on the average number resident.

This is a higher figure than that for recent years but examination of the following table shows that it is chiefly accounted for by an increase in the number of deaths occurring in the over 60 age group and may at least in part be attributed to the increased admission of elderly people during the past few years.

This table shows the age groups in which deaths occurred during the last five years:—

Age Group.	1945.		1946.		1947.		1948.		1949.
Under 60	35	...	30	...	23	...	22	...	33
60—70	22	...	32	...	16	...	23	...	44
70—80	21	...	39	...	41	...	29	...	41
Over 80	9	...	9	...	11	...	15	...	17
	<hr/>		<hr/>		<hr/>		<hr/>		<hr/>
Total	87		110		91		89		135
	<hr/>		<hr/>		<hr/>		<hr/>		<hr/>

Post-mortem examinations were conducted in 43.7% of the cases.

H.M. Coroner for West Denbighshire held inquests into the cause of death of four patients. The following verdicts were returned:—

Accidental death	2
Suicide whilst of unsound mind	1
Open verdict	1

In no case was blame attributed to the Hospital staff.

STATISTICS OF HOSPITAL POPULATION.

	Male.		Female.		Total.
In Hospital 1st January, 1949	730	...	720	...	1450
Remaining at hospital 1st Jan., 1950:					
Voluntary	106	...	106	...	212
Temporary	3	...	2	...	5
Certified	631	...	603	...	1234
	<hr/>		<hr/>		<hr/>
Total	740		711		1451
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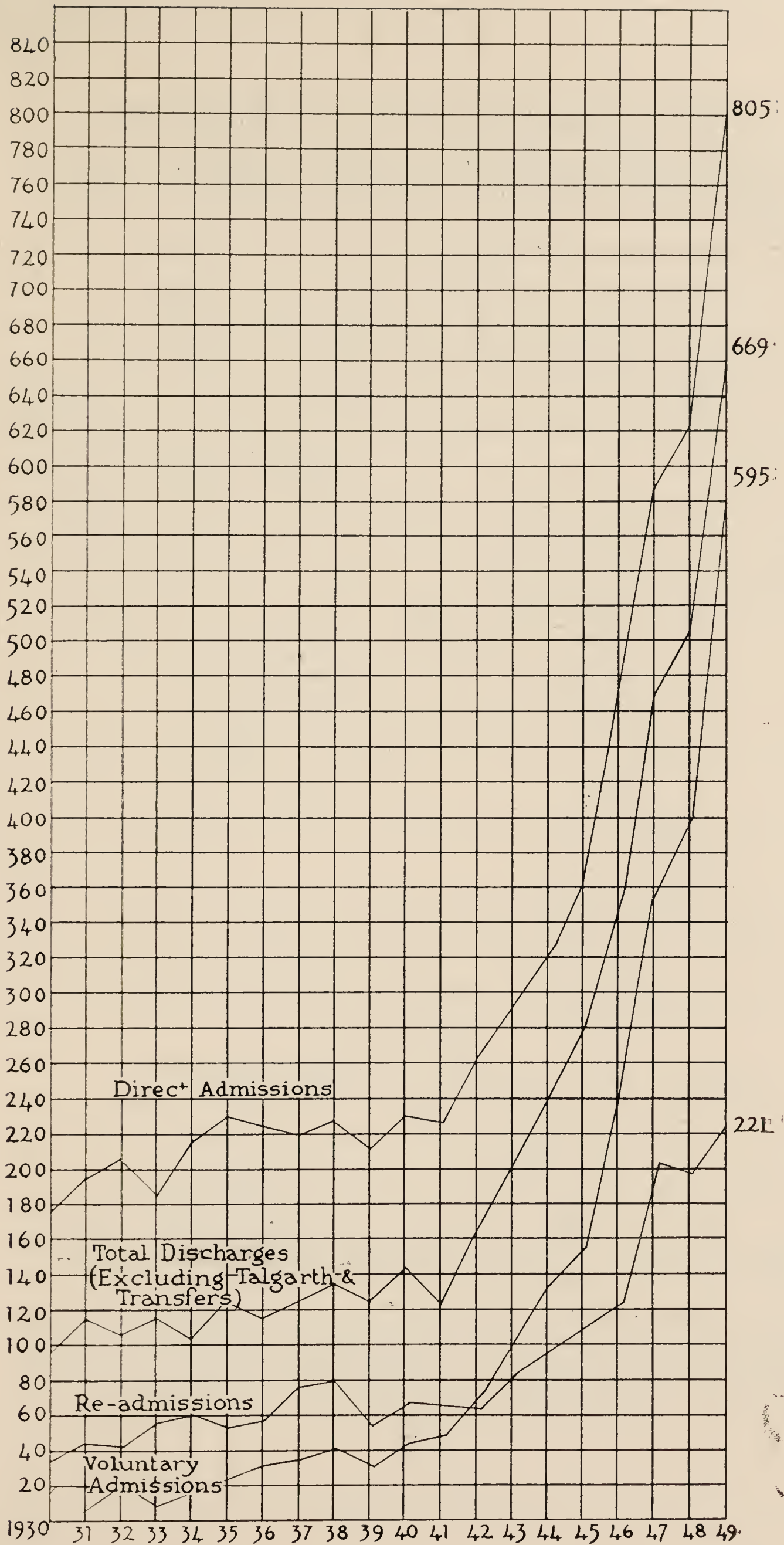
There are no private beds in the Hospital.

Sixty patients are classified as Ministry of Pensions Service cases.

Eleven of our male patients are war-time transfers from the Cardiff City Mental Hospital, Whitchurch.

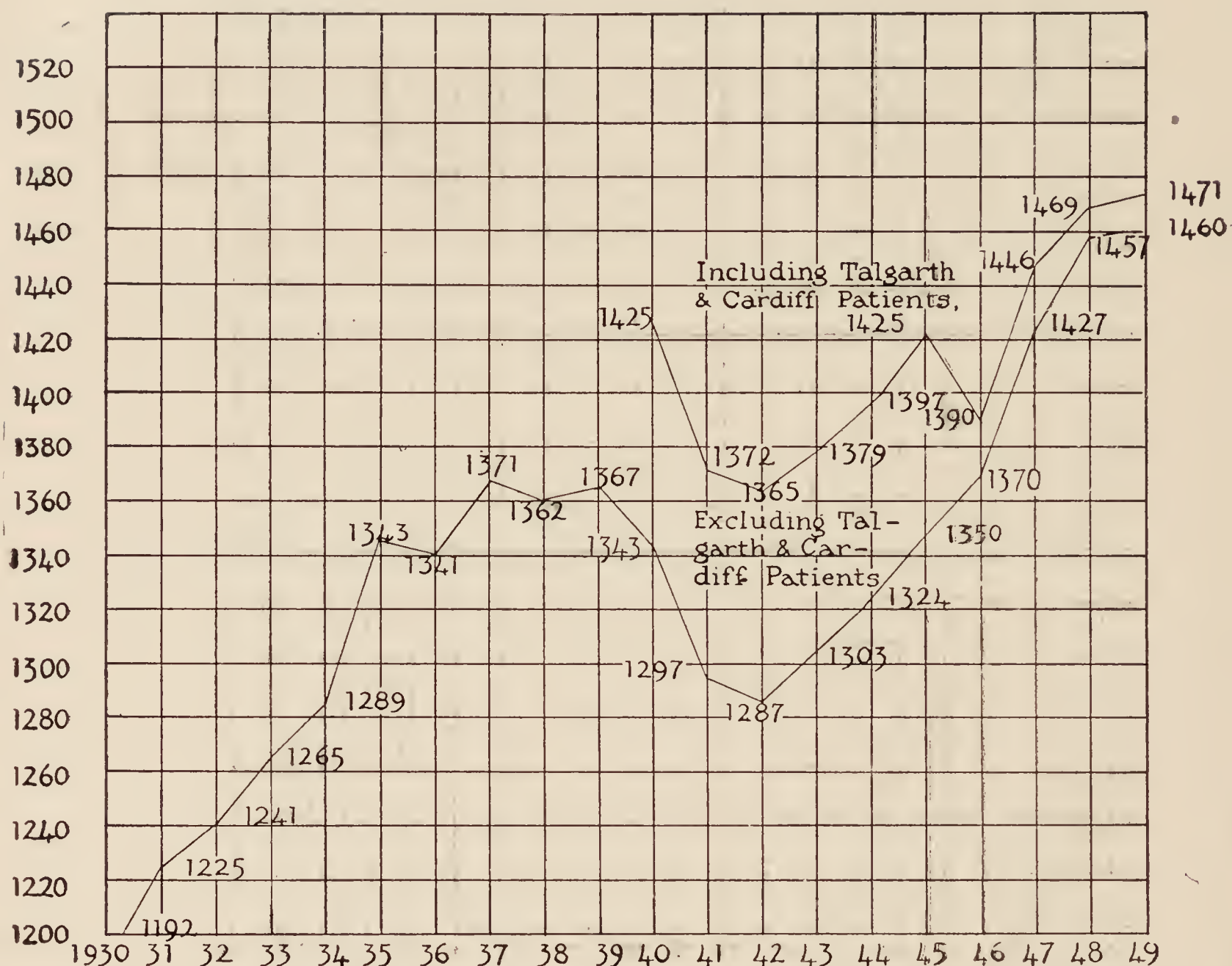
ADMISSION AND DISCHARGE RATE.

The following diagram shows the number of admissions and discharges during the years 1930 to 1949:—



TOTAL PATIENT POPULATION OF THE HOSPITAL.

The following diagram shows the total patient population of the Hospital on the 31st December each year from 1930 to 1949:—



COMMENT.

The above curve is influenced by three factors:—

- (1) The admission rate.
- (2) The discharge rate.
- (3) The death rate.

The curve may usefully be divided into three periods:—

1. **1930 to 1939.** (Hospital population rising). On the whole, this was a period with but a slightly rising admission rate and a low death rate.

2. **1939 to 1942.** (Hospital population falling). Although the admission curve had commenced to climb, the population fell considerably owing to a considerable increase in the death rate and a rather higher discharge rate.

3. **1942 to 1949.** (Hospital population rising). Two factors are here responsible, viz., the lower death rate and a considerably higher admission rate. Nevertheless, the increase of population is less than might have been expected for the reason of a higher discharge rate.

THE GENERAL HEALTH OF THE HOSPITAL.

The health of the patients generally has been satisfactory and little epidemic illness has occurred during the year. There were 8 cases of Dysentery, but their incidence was scattered. B. Flexner was isolated in 1 case and B. Schmitz in 5 cases.

Pulmonary Tuberculosis.—During the year, 6 patients (3 male and 3 female) died from pulmonary tuberculosis compared with 8 in 1948 and an average of 7.3 during the years 1934 to 1939. On the whole, I am satisfied with the position in regard to T.B. at this Hospital with the proviso that it always requires careful watching.

TREATMENT OF MENTAL ILLNESS.

The treatment of mental illness divides itself into the following categories:—

1. Measures directed to improving the patient's general health.
2. Measures directed to re-educating the patient. These include advice, psycho-therapy, occupational therapy and, upon discharge, help in rehabilitation.
3. Special methods of treatment of which the following are the most important in use at this Hospital:—
 - (1) **Electric Convulsive Therapy.**—This is applied by passing an electric current through the brain.
 - (2) **Insulin.**—In this treatment, shock is produced by the administration of insulin in high doses. A modified technique utilizing lower doses also proves beneficial.
 - (3) **Prolonged Narcosis.**—In this, the patient is kept asleep almost continuously for a period up to 14 days.
 - (4) **Prefrontal Leucotomy.**—This is a surgical procedure whereby nerve fibres passing from the frontal lobes to other parts of the brain are divided.

(5) **Treatment of General Paralysis of the Insane.**—The following methods are in use:—

- (a) Inoculation with Malaria.
- (b) Penicillin.
- (c) Specific antisyphilitic drugs.

The following table shows the number treated by various physical methods during 1949:—

	Male.		Female.		Total.
Electric Convulsive Therapy	194	...	245	...	439
Curare modified E.C.T.	13	...	9	...	22
Deep Insulin	27	...	18	...	45
Modified Insulin	93	...	60	...	153
Continuous Narcosis	10	...	9	...	19
Narco-analysis	13	...	8	...	21
Ether abreactions	4	...	—	...	4
Alcohol aversion treatment	5	...	—	...	5
Prefrontal Leucotomy	8	...	4	...	12

Leucotomy Cases.—The following is an analysis of the results in all cases operated upon between April, 1942, and December, 1949:—

	Male.		Female.		Total.
Total number of cases	77	...	52	...	129
Discharged "Recovered" or "Improved"	42	...	19	...	61
	(54.5%)		(36.5%)		(47%)
Improved in Hospital	12	...	15	...	27
	(15.6%)		(28.8%)		(21%)
Unchanged	21	...	13	...	34
	(27.3%)		(25%)		(27%)
Worse	0	...	1	...	1
Died (Operation a contributory factor)	2	...	4	...	6
					(4.6%)
Subsequently Relapsed	6	...	3	...	9
					(7%)

Sixty-eight per cent. of the cases operated upon have substantially benefited, while 47% have benefited to the extent of being able to leave Hospital.

Of the 42 men discharged, 23 are considered as being complete recoveries as shown by their capacity to earn their own living and fit normally into society. Whilst it is more difficult to find adequate criteria for full recovery in women, the results are probably much the same. In view of the fact that the operation is only performed on cases which have failed to respond to all other forms of treatment and when the outlook for recovery is otherwise considered hopeless, these results are felt to be very satisfactory.

Occupational Therapy.—Miss Cooper, who joined us this year, has taken charge of the Occupational Therapy on the Female side of the Hospital. She has the help of a part-time

Assistant Nurse. However, it has seemed desirable that Miss Cooper herself should devote most of her time to the Reception and Convalescent Patients rather than spread her efforts over the whole Institution. In this way, the most important group of patients from the point of view of recovery is well looked after. In addition to their occupation, Miss Cooper supervises their recreation and also classes in physical exercise and dancing.

Mr. Williams, who has been in charge of the Occupational Therapy on the Male Side since 1947, transferred in October to another post. His successor who has been appointed will commence work in January. Meanwhile, Mr. Pritchard carries on as Assistant Occupational Therapist. Work on the Male Side is carried out in three centres, each of which is under the immediate control of a nurse but subject to the general supervision of the Therapist.

Patients not employed in the Occupational Therapy Department are encouraged to take part in the ordinary necessary work of the Hospital. This not only helps their mental condition but gives them the sense of being useful members of a community.

Surgical Operations.—The operation of Leucotomy is performed by Mr. Sutcliffe Kerr in the Hospital Theatre.

Most major general surgical operations are now performed at the Denbighshire Infirmary, straight forward cases returning to this hospital on the same day.

Eye Clinic.—Dr. Eleanor Brock attends on one session per month. During the year there were 64 attendances (45 old and 19 new).

Dental Department.—Mr. Charles Hubbard pays weekly visits to the Hospital. All patients are seen as soon as possible after admission and their teeth put in order.

During the year 1949, 828 patients were examined. Extractions were carried out under general anaesthetic in 6 cases and under local anaesthetic in 175 cases, 7 patients had teeth filled and 23 were provided with dentures or had existing dentures put in order.

SPECIAL METHODS OF INVESTIGATION.

Pathological Laboratory.—The following examinations were made during the year 1949:—

For various bacteria	353
For parasites	19
For chemical analysis	160
Haematology specimens	864

Post-mortem examinations were made in 60 cases.

X-ray Department.—During 1949, the following examinations were made:—

	Patients.		Staff.		Total.
	Male.	Female.	Male.	Female.	
Skeleton	48	64	15	3	130
Lungs... ..	161	70	37	90	358
Abdomen... ..	2	3	—	—	5
	—	—	—	—	—
Total... ..	211	137	52	93	493
	—	—	—	—	—

Department of Psychology.—A psychologist is chiefly concerned with tests estimating intelligence and other qualities of the mind. Dr. Vidor has worked with both in-patients and out-patients. In the latter, her main work has been in the Child Guidance Clinics.

One important feature of her work in the hospital has been the assessment of changes in intelligence and ability following the operation of Leucotomy.

In certain instances of personnel selection, her tests have proved an extremely useful adjunct to personal interview.

The following figures give some idea of the work performed during the year in her department:—

	Male.	Female.	Total.
In-patients tested	179	74	253
Children tested	88	53	159

In addition there have been 512 attendances at the Child Guidance Clinic Play-rooms. Many of the cases attending have received remedial coaching for specific learning difficulties.

NURSING STAFF.

I regret to say that the position with regard to the recruitment of suitable female student nurses has deteriorated further during the year and that it is only through the engagement of foreign personnel that numbers have been maintained at a fair level. We continue, of course, to rely a great deal on the help of part-timers.

On the Male Side, the position, never so serious, has shown some improvement.

The following figures show the number of Nursing Staff up to and including Sisters and Charge Nurses on the 31st of December:—

	Male.	Female.
Qualified Mental Nurses	62	19
Qualified Mental Nurses also S.R.N.	6	—
Student Nurses	21	37
Nursing Assistants (Full-time)	34	20
Nursing Assistants (Part-time in terms of full-time)	—	17
Nursing Orderlies	2	5
	<hr/>	<hr/>
Total	125	98

	Male.	Female.
Foreign personnel included in the above figures	7	11

The Training School has made satisfactory progress and a Demonstration Room and Nurses' Library have been provided during the year. The Tutor, Mr. Blythin, is to be congratulated on the following results:—

Passed R.M.P.A. Final Examination (3 distinctions)	10
Passed R.M.P.A. Preliminary Examination	3
Passed G.N.C. Preliminary Examination (Part I.)	12
Passed G.N.C. Preliminary Examination (Part II.)	7

HAIRDRESSING.

The Ladies Hairdressing Saloon, which was opened in the latter part of 1948, continues to provide the permanent waves and sets which are very much appreciated and add greatly to the appearance of our patients. During the year, a barber has been appointed for work on the Male Side of the Hospital.

CHIROPODY.

Miss Milbree attends on the Female Side of the Hospital on 2 days a week and Mr. Lees on the Male Side on 1 day a week.

SOCIAL LIFE OF THE PATIENTS.

Religious Services.—Services at the Hospital Chapel are conducted alternately in Welsh and English by the Church and Nonconformist Chaplains. They are held at 9 a.m. and 2.45 p.m. on Sundays and at 9 a.m. on Wednesdays and Fridays. There is also held a Prayer Meeting on Sunday Evenings in which patients take part.

The Roman Catholic Chaplain holds a Service every Thursday evening and attends whenever needed to minister to the seriously ill.

The Canteen.—The Hospital Canteen continues to provide a very satisfactory service and patients who have not the privilege of Town parole are there able to purchase such items as fruit, cakes, sweets and tobacco.

Goods are paid for either in the normal currency of the realm or in the form of tokens, the value of each being 3d.

Patients who have no income from other sources are allowed up to 5/- per week pocket money, the actual amount varying according to their capacity to appreciate spending it. Patients incapable of doing their own shopping are provided with free issues of tobacco or sweets. Pocket money is issued in the form of cash when the recipient is considered capable of taking care of it but in tokens when this is not the case.

Parole.—At the time of writing this report, 41 men and 41 women enjoy parole outside the grounds of the Hospital, while 48 men and 5 women are allowed parole within the grounds only. Some are patients convalescing prior to returning home. Others are well conducted chronic patients whose long detention is considerably mitigated by the liberty to come and go amongst normal people, shopping expeditions to the Town being especially appreciated by the ladies.

Recreation.—A dance is held every Wednesday evening. There are Cinema Shows every Monday and Tuesday, one of which is attended by a party of patients brought by bus from Pool Park. There is a weekly Whist Drive. Billiard Tournaments are held from time to time and there is a Patients' Choir which occasionally gives concerts. An innovation during the winter of the past year has been Concerts arranged by the Council for Music in Hospitals. Six such Concerts have been held during the year in addition to 9 concerts and 4 plays presented by local amateur companies.

As it is usually not desirable for Reception and Convalescent patients to attend at entertainments in the Main Building, separate provision has to be made on their behalf. In this, we have been greatly helped by members of the Denbigh Branch of the Women's Voluntary Service, who have organised a weekly social, dance and whist drive which is very much appreciated. A musical evening is also held each week when records of classical music are played. Play readings are organised by Miss Cooper and there is also a fortnightly lecture given by Mr. T. Lloyd Roberts under the auspices of the W.E.A.

Outdoor recreations include football, cricket, bowls and tennis. The patients' Football and Cricket Teams played several home and away matches during the year against other mental hospitals.

Parties also visited the Ruthin and Denbigh Flower Shows and Sheep Dog Trials. Several picnics were held on the beaches at Rhyl and Pensarn, the journey being made by chartered bus. The Denbigh Branch of the British Legion very kindly arranged two outings which were much

appreciated by the ex-Service patients concerned, one to a football match at Wrexham, the other to the Happy Valley at Llandudno.

LIBRARY FACILITIES.

1. **At the Women's Convalescent Hospital.**—This library for the use of Convalescent and Reception patients and Nursing Staff is maintained by the Denbighshire County Library.

2. **At the Main Building.**—There is a central library at which patients attend to borrow and exchange books. Parcels of 30 books are also sent to individual wards and these are changed monthly.

LECTURES AND DEMONSTRATIONS TO OUTSIDE ORGANISATIONS.

It will no doubt be agreed that it is very desirable that the services offered in the mental health field in North Wales should be generally known and with this object in view, lectures and talks on various aspects of the subject have been given to the following bodies by members of the Consultant Medical Staff:—

Normal College, Bangor.
Children's Officers.
College of Midwives.
College of Nursing.
Flintshire Magistrates.
Denbigh Literary Society.
Denbigh Rotarians.

In addition parties belonging to the following organisations have been shown round the North Wales Hospital during the year:—

Royal College of Nursing: Rhyl and District Branch and
Caernarvon and Anglesey Branch.
Royal College of Midwives: Flintshire Branch.

THE MENTAL DEFICIENCY INSTITUTIONS.

The greatest bar to the provision of an efficient Mental Deficiency Service in North Wales is the smallness of the three Institutions which the Committee have inherited. That this is so is manifest if we consider the advantages of an institution capable of housing 600 patients—a size well within the estimated needs of our area. Such an institution would lend itself to division into wards or units of 25-30 beds each housing a particular grade of defective patient. It would be sufficiently large for patients to be divided into classes of varying age and ability for purposes of educational and craft instruction. Other administrative advantages of the larger institution will no doubt come to mind without my specifying them.

Apart from the disadvantages inherent in their smallness, the Institutions have their own peculiar difficulties to contend with. At Fronfraith and Coed Du it is shortage of staff so that the Superintendents of these Institutions often have to combine with their principal role that of teacher, cook and general factotum. At Llwyn View, the staff position is easier, but the premises present their own peculiar problem.

Despite the handicaps I have mentioned, I believe that our patients are well looked after and receive much individual care, kindness and attention. The standard of general health has been high and there has been little epidemic illness and no serious accidents. Each Institution is visited once a week or as occasion demands by a general practitioner. Provision has been made for necessary dental treatment to be carried out though through pressure of work it is doubtful whether the provision for regular examination is yet adequate.

THE PATIENTS.

The following table gives the more important numerical facts:—

	Coed Du.					Fronfraith					Llwyn View.				
	Under 16		Over 16		Total	Under 16		Over 16		Total	Under 16		Over 16		Total
	M	F	M	F		M	F	M	F		M	F	M	F	
1st January, 1950:															
Number resident	63	63	2	2	...	24	28	1	...	22	20	43
Number on licence...	10	10	1	1	4	4	8
1949:															
Number admitted...	3	3	1	1	2	1	...	1	...	2
Number transferred	1	1	1	1	2	1	1	2

NURSING STAFFS.

The following table shows the nursing strengths (excluding Matrons):—

	Coed Du.		Fronfraith		Llwyn View	
	F.		F.		M.	F.
Qualified		1	...
Nursing Assistants	5 Part-time (Average 30 hrs. per week).		1 Full-time. 3 Part-time. (Average 28 hrs. per week).		1	...
Orderlies...		1	3

RELIGIOUS SERVICES.

At Coed Du, 27 of the patients attend neighbouring Churches and Chapels in addition to the weekly service at the Hall. At Llwyn View, weekly services are held and at Fronfraith the Chaplain pays periodic visits.

ENTERTAINMENTS.

At Fronfraith, Rhyl Toc H put on a Cinema Show every fortnight. At Coed Du arrangements have been made for a Show to be given weekly whilst at Llwyn View they attend the local Cinema. Concerts are held periodically at all institutions.

The patients at Coed Du and Llwyn View had two outings during the year while certain patients from Coed Du and Fronfraith attended the Annual Ball at Denbigh.

Coed Du has a Girl Guide Troop and tennis is played during the Summer. Dancing classes are also held there.

OCCUPATIONAL THERAPY.

Although occupational therapy is handicapped through lack of personnel and the absence of facilities such as are found in larger institutions, great efforts are made by the respective Superintendents to provide patients with suitable employment and to instruct them in simple crafts. In Llwyn View, there is the nucleus of an occupational therapy department which turns out very excellent mats and which should lend itself to development. The employment of a peripatetic occupational therapist who would visit the various institutions in turn has been suggested and this idea has much to commend it, but its usefulness would be limited unless adequate staff were available to carry on with the work between visits.

OUT-PATIENT SERVICES.

The Out-patient Service provided by the Visiting Committee of the North Wales Counties Mental Hospital consisted of adult clinics and child guidance clinics in the towns of Bangor, Dolgelley, Rhyl and Wrexham.

Since the Appointed Day, the Specialist Medical Staff of the North Wales Hospital has been required to take on the following additional duties:—

- (1) Domiciliary Visits at the request of general practitioners who require a specialist opinion on a patient who is unable to attend at an out-patient clinic.
- (2) Regular visits to the following hospitals, which house patients certified under the Lunacy or Mental Deficiency Acts:—

Valley Hospital.
 Conway Hospital.
 Eryri Hospital.
 St. Asaph General Hospital.
 Llys Ednyfed Institution.
 Ruthin Institution.

(3) Occasional visits when required at general hospitals in the following groups:—

Group 12 (Caernarvon and Anglesey).
 Group 13 (Clwyd and Deeside).
 Group 14 (Wrexham).

(4) Examination of cases referred by the Courts under the provision of the Criminal Justice Act, 1948.

It is not difficult to imagine the amount of work which the above additions to our extra-mural duties would entail if fully carried out. Fortunately, so far, demands for these services have only grown slowly. However, they must be expected to increase rapidly when more fully known, especially in connection with domiciliary visitation and the provisions of the Criminal Justice Act.

The following is an attempt to summarise briefly the extra-mural activities of the Medical Staff attached to the North Wales Hospital:—

(a) **Adult Out-patient Clinics.**—These clinics occupy a key position in our Mental Health Service for the reason that illness of the mind like all other illness responds best to early treatment and early cases are usually quite prepared to come along to clinics whereas they would not or need not enter hospital as in-patients.

Clinics are held at the following centres:—

Bangor... ..	Caernarvonshire and Anglesey Infirmary.	Every Tuesday morning and afternoon.
Dolgelley... ..	County Health Dept.	Third Wednesday in each month in afternoon.
Rhyl	Royal Alexandra Hospital.	Every Thursday afternoon.
Wrexham	Maelor Hospital.	Every Friday morning and afternoon.

TABLE OF ATTENDANCES.

	First Attendances.			All Other Attendances.		
	Male.	Female.	Total.	Male.	Female.	Total.
Bangor	133	112	245	133	127	260
Dolgelley	8	10	18	3	1	4
Rhyl... ..	55	49	104	58	63	121
Wrexham	117	110	227	149	85	234
Denbigh... ..	7	4	11	—	11	11

The following figures of total attendances at all adult clinics during the past six years illustrate their growth:—

1944	304	1947	830
1945	461	1948	1167
1946	576	1949	1224

(b) **Child Guidance Service.**—The importance of Child Guidance Clinics rests on the fact that mental and nervous disorders of adult life usually have their roots in some form of nervous instability during childhood and that our best hope of preventing breakdown in later life lies in the treatment of children.

The Clinics are run in conjunction with the School Medical Officers of the five North Wales Counties and are held at the School Clinics. The normal mode of referral is through the School Medical Officer but a few cases come directly from the General Practitioner and occasionally through the Probation Officer.

TABLE OF ATTENDANCES.

	First Attendances.			All Other Attendances.		
	Male.	Female.	Total.	Male.	Female.	Total.
Bangor	41	21	62	167	72	239
Dolgelley	7	7	14	7	3	10
Rhyl...	18	20	38	168	101	269
Wrexham	35	23	58	142	69	211

The following are figures of total attendances at all children's clinics during the past six years:—

1944	44
1945	238
1946	603
1947	1019
1948	1338
1949	901

SOCIAL WORKER SERVICE.

Among varied facets of the Social Worker's job are the following:—

Visiting the patients' homes, finding out the circumstances of their breakdown, helping their families to understand and manage nervous invalids, sorting out domestic problems, and finding suitable jobs when needed. In dealing with children attending Child Guidance Clinics, the advice and support which she is able to give to the mother is an essential part of treatment.

Following the tragic and untimely death of Miss Thomas, Mrs. Iolo Jones was appointed Psychiatric Social Worker in October. She has the assistance of two Social Workers, Mrs. James Evans and Mrs. Collen. Mrs. James Evans, who is Welsh-speaking, looks after the Bangor and Dolgelley clinic areas.

During the year, four students taking the Mental Health Course at Manchester University, each spent a month at the Hospital in order to gain practical experience. They much enjoyed the facilities offered to them and we appreciated their help.

WORK DONE BY THE PSYCHIATRIC SOCIAL WORKER'S DEPARTMENT DURING THE YEAR.

Home Visits	758
Visits to Schools or Social Agencies	407
Interviews in Hospital or Clinics	720

DOMICILIARY VISITS.

The number of visits made during the year to patients in their own homes at the request of their own doctors by Consultant Psychiatrists were as follows:—

Male.	Female.	Total.
15	25	40

VISITS TO PATIENTS IN OTHER HOSPITALS.

As already stated, the contracts of Consultants principally attached to the North Wales Hospital include the obligation to see patients as required at hospitals in Management Committee Groups 12, 13 and 14.

The number of patients so visited during the year were:—

Male.	Female.	Total.
11	22	33

COURT CASES.

During 1949, the following number of offenders were examined and reported on under Sections 24 and 26 of the Criminal Justice Act, 1948:—

Children.	Adults.	Total.
27	14	41

CONCLUSION.

I would take this opportunity to pay tribute to the work of my nursing, lay and medical colleagues whose co-operation I have greatly valued. The tragic deaths of Dr. Wilson and Miss Thomas left gaps which could not immediately be filled and I am grateful to those who willingly assumed extra duties and responsibilities so that the work might not suffer, particularly to Dr. Williams who has ably acted as Deputy Superintendent at Denbigh.

To you Madam Chairman, Ladies and Gentlemen, I express my great appreciation of the courtesy and consideration which you invariably show me.

I am Madam Chairman, Ladies and Gentlemen,
Your obedient Servant,
J. H. O. ROBERTS,
Medical Superintendent and Medical Officer.



